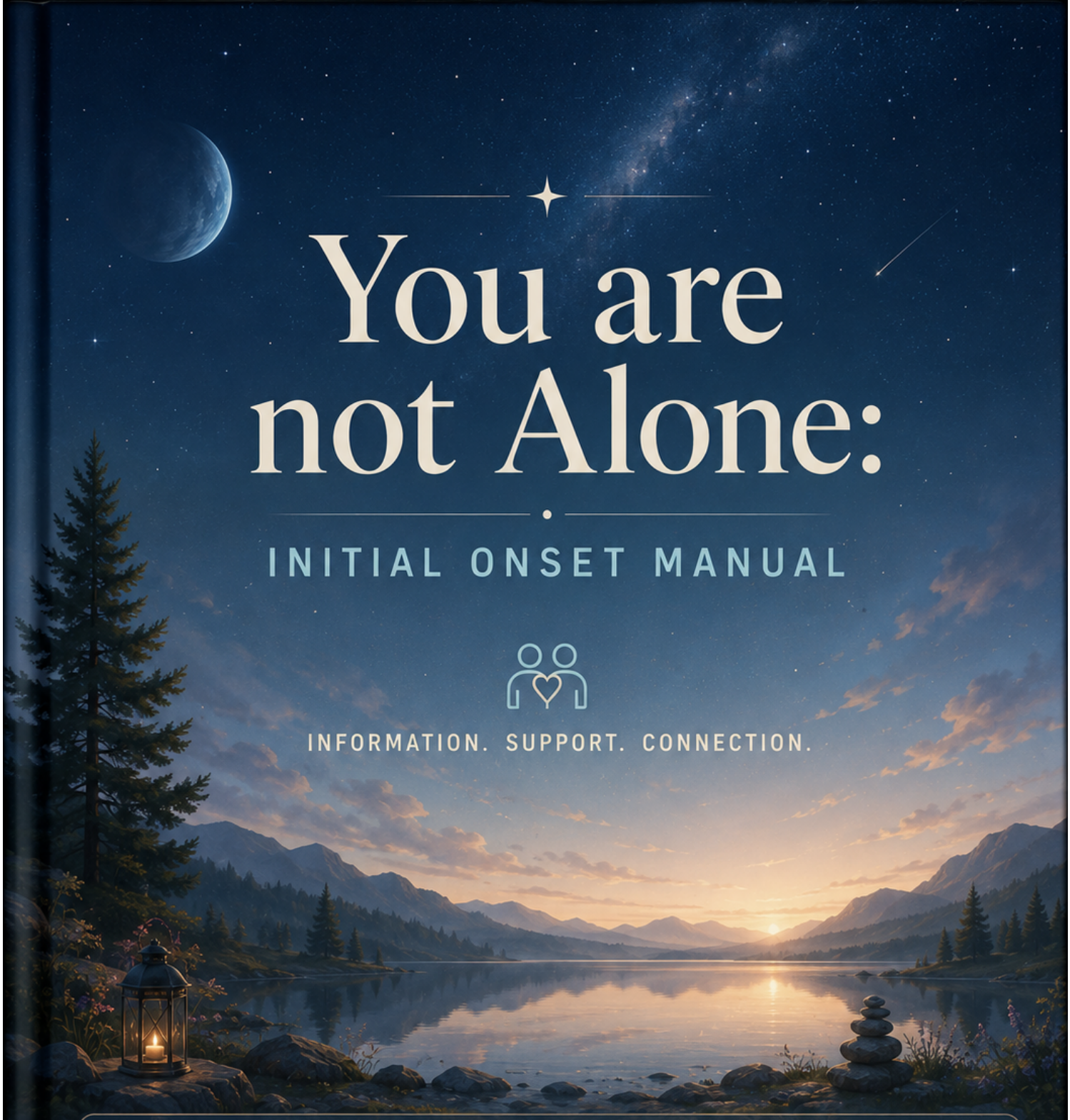
You are not Alone:

INITIAL ONSET MANUAL

INFORMATION. SUPPORT. CONNECTION.



YOU DON'T HAVE TO NAVIGATE THIS ALONE.

Find community. Share. Listen. Support.

COMMUNITY SPACE

General support, conversation, and connection.

https://discord.gg/

SUPPORT SPACE

Focused support, resources, and guidance.

https://discord.gg/ZjVJGfjBM

BE KIND TO YOURSELF. REACH OUT. YOU MATTER.

PLEASE READ CONTENTS OF ENTIRE BOOKLET FRONT TO BACK BEFORE GETTING ON DISCORD.

This booklet contains important information
designed to support your experience, safety,
and the well-being of our community.
Thank you for taking the time to read it.

Values Definition Data Sheet

Definitions and practical examples of Truth, Fairness, Integrity, Love, Kindness, and Respect

Value	Definition	What It Looks Like in Practice
Truth	Being honest and sincere in what we say and do. Truth means presenting things as we understand them without intentionally deceiving, hiding, or distorting important facts.	We speak honestly, admit when we are wrong, and avoid deliberately misleading others.
Fairness	Treating people with justice, equality, and consideration while recognizing that people may have different needs and circumstances.	We listen to everyone, avoid favoritism, and try to make decisions that are reasonable and just.
Integrity	Doing what is right and keeping our principles consistent, even when nobody is watching.	Our actions match our words. We keep our commitments, take responsibility, and do not compromise our values for personal gain.
Love	Showing genuine care, compassion, and concern for the well-being of others.	We support one another, value our family and community, forgive when appropriate, and want others to succeed.
Kindness	Treating others with gentleness, generosity, compassion, and consideration.	We help when we can, speak respectfully, encourage others, and consider how our actions affect people around us.
Respect	Recognizing the dignity, worth, rights, boundaries, and viewpoints of others.	We listen without unnecessarily interrupting, allow differences of opinion, respect personal boundaries, and treat people as we would want to be treated.

Simple Guiding Principle

Truth guides our words.

Fairness guides our decisions.

Integrity guides our actions.

Love guides our intentions.

Kindness guides how we treat others.

Respect guides how we value one another.

Our Values

FAMILY, COMMUNITY, VALUES AND GROWTH

- We follow through and agree with the next statements
- We treat family as we would want family to treat us
- Our community and family is important to us

2)

- We uphold and encourage good moral values ,love,kindness,honesty fairness and integrity as well as celebrate the opportunity to grow into the future.
- We celebrate others success as we celebrate our own.
- We use all situations to uplift the people in our lives so others Will uplift us and others around them.

MUSIC, ART AND MOVIES

- We all love our music. art and movies
- Movies uplift us can make us sad,happy or even excited
- We know there is deeper meaning to these art forms
- Our goal should be to understand the depths of what the movie characters are delving into on a deeper level instead of just following along with the words.
- We all know withdrawing from family is contradictory to our goals.

FREEDOM OF THOUGHT

- We encourage freedom of thought and keep an open mind on the feelings and thoughts of others and realize differing view points are ok and help us grow reaching our true potential

TRUTH

- We must realize the facts and be fair in accordance with truth
- Thinking in terms of the truth is where true growth can begin
- All of us grow with the truth.

MOVING FORWARD

- We must move forward with the principals set fourth here for the betterment of us as well as the other people in our lives

START LIVING

- We make a pact to start living today.

RESERVE JUDGEMENT

- We come to the realization, what happens around us is not always the situation seems so we reserve judgement until truth is revealed.

GIVING BACK

- We willfully give what we receive back to others through growth.
- Through teaching and sharing as well as helping others grow.

REAP WHAT WE SOW

- We realize reap what we sow is defined by the previous statements.

TRUE POTENTIAL

- When we utilize the values above we reach true potential.

THE FORMULA

1. HIGHER POWER

- A little bit of higher power.
- Teach the fear of death.
- Teach the Golden Rule.

Formula:
HIGHER POWER → FEAR OF DEATH → GOLDEN RULE

---

2. LIVE YOUR LIFE (ignore gang stalkers)

1)They say a whole lot but is all talk....

2)Get a grasp on these concepts before interacting with others outside of your family.

.Living your life.

- Do not let what the voices are saying determine what you do.
- the voices will say a whole lot just follow these principals.
- don't let external factors sway your thoughts just be calm and reserve judgement at initial onset.
- Teach by doing and showing.
- Read books.
- Make art.
- Go to work even if you feel like you cant.
- Show what you like to do is ok:
- Movies

- Art
- Adult stuff
- etc.

Formula:
LIVE YOUR LIFE → DO → SHOW → KEEP MOVING

---

3. CHALLENGE THE V2K LOGIC

- Challenge the v2k logic.
- Take what the voices are saying and compare it against the reality of which you live.
- Explain very concisely every situation.
- Do not get caught up in long explanations.
- Challenge the statement with what is actually happening.

Example: “Your an antelope.”

- **Statement:** “Your an antelope.”
- **Challenge:** “Nobody else here is calling me an antelope they know i am human.”

Example: “The police are here for you.”

- **Statement:** “The police are here for you.”
- **Challenge:** “How come the sirens are moving away if they're coming for me?”

If the same statement comes up again:

- “What happens every time sirens come?”

Formula:
STATEMENT → CHALLENGE → REALITY → REPEAT IF NECESSARY

---

4. USE REALITY AROUND YOU

- Use others to substantiate your claim of reality.
- Look at what is actually happening around you.
- Compare the statement with what other people can observe.

Example: (v2k) pottery is bad

(you) pottery is cool millions make pottery everyday.

ask.....

- “Hey Jim how many people do you think make clay pottery in the world?”

(jim) alot of people do.

The purpose is to use what is happening around you and what other people know as part of confirming your logical argument.

Formula:
CLAIM → LOOK AROUND → ASK → COMPARE → REALITY

---

5. CHALLENGE “WHAT YOU ARE DOING IS WRONG”

If the statement is:

> “What you are doing is wrong and you know its not.”

Your response:

> “There's nothing wrong with _____. Everybody does it so do they.”

- Point out other doing so.
- Use others to substantiate your claim of reality.
- Show what you like to do is ok.
- Movies.
- Art.
- Adult stuff.
- etc.

Formula:
“THIS IS WRONG” → “CHECK REALITY” → “SHOW WHAT YOU LIKE TO DO IS OK”

---

6. TEACH BY DOING AND SHOWING

- Do not teach about freewill.
- Do not hint towards physical processes.
- Teach by doing and showing.

Do:

- Read books.
- Make art.
- Go to work even if you feel like you cant.

often times in the begining you may feel like you cant work ive found its best to just get out and work and do the stuff you did before.

- Live your life.
- Show what you like to do is ok.

Formula:
DOING + SHOWING → LEARNING

---

7. BE WHO YOU ARE

- Be who you are.
- The v2k will act the same way.

Formula:
BE WHO YOU ARE → KEEP LIVING YOUR LIFE

---

8. CREATE THE REALITY YOU WISH TO LIVE IN

- Create the reality you wish to live in.
- taylor your reality on how you want it to be
- Surround yourself with those who best reflect who you are.
- Surround yourself with those who push and drive you to your true potential.
- volunteer to help others be an individual uplifting others as well as yourself.

Formula:
CREATE → SURROUND → PUSH → DRIVE → TRUE POTENTIAL

THE COMPLETE FORMULA

FAMILY + COMMUNITY + VALUES
↓
LOVE + KINDNESS + HONESTY + FAIRNESS + INTEGRITY
↓
FREEDOM OF THOUGHT + OPEN MIND + DIFFERING VIEW POINTS
↓
TRUTH + FACTS + FAIRNESS
↓
MOVE FORWARD + START LIVING TODAY
↓
LIVE YOUR LIFE
↓
CHALLENGE THE STATEMENT

↓
COMPARE IT TO THE REALITY OF WHICH YOU LIVE
↓
LOOK AROUND + ASK OTHERS + SUBSTANTIATE REALITY
↓
TEACH BY DOING AND SHOWING
↓
READ BOOKS + MAKE ART + GO TO WORK
↓
GIVE BACK THROUGH GROWTH + TEACHING + SHARING + HELPING OTHERS GROW
↓
BE WHO YOU ARE
↓
CREATE THE REALITY YOU WISH TO LIVE IN
↓
SURROUND YOURSELF WITH THOSE WHO BEST REFLECT WHO YOU ARE
↓
PUSH AND DRIVE YOURSELF TO YOUR TRUE POTENTIAL
↓
REAP WHAT WE SOW
↓
TRUE POTENTIAL

THE SIMPLE VERSION

FAMILY → COMMUNITY → VALUES → TRUTH → GROWTH → LIVE → CHALLENGE → CHECK REALITY → ASK → DO → SHOW → GIVE BACK → BE WHO YOU ARE → CREATE → SURROUND → GROW → REAP WHAT WE SOW → TRUE POTENTIAL